

HIDE AND SEEK SQUATS

Stand in front of your furry friend with your feet wider than hip-width apart, toes slightly turned out, and hold their favorite treat up with your right hand (make sure they can see it!).

Push your hips back to squat down and pass the treat under your left leg from your right hand to your left (letting your dog try to find it). Quickly stand back up and hold the treat up with your left hand. That's one rep. Repeat 10 reps total. If you and your furry friend complete the workout make sure to reward them with a treat or toy to play with.



Modified Version: Remove treat or toy and replace with a ball and complete the movements on your own.

POP UP JACKS



Crouch down on the floor in front of your furry friend, holding the toy or treat with both hands. Quickly jump up and jack your feet apart, landing with your feet wide and your arms reaching up into a wide 'V' with the toy in your right hand.

Jump your feet back together and land down in your crouched position again. That's one rep. Repeat 10 times in total, alternating the hand that holds the toy every time you jump. If you and your furry friend complete the workout make sure to reward them with a treat or toy to play with.

Modified Version: Remove treat or toy and complete the movement on your own.

PUSHUPS

Start in modified pushup position, with your animal's treat under your right hand. Slowly lower your body into a pushup, and as you press up, extend your right arm (picking up the toy) and reach the toy up and out towards your animal.

Bring your hand back to the floor and repeat. Do 5 pushups with the right arm raise, and then 5 using your left arm. If you and your furry friend complete the workout make sure to reward them with a treat or toy to play with.



Modified Version: Remove treat or toy and complete the movement on your own.